

December Team Training

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 8:00-9:00am Senior Build (Justice) 9:15-10:15am Build (Justice)	30 6:00-7:00pm Burn (Justice)	1 8:00-9:00am Senior Build (Justice) 9:15-10:15am Burn (Justice)	2	3	4
5	6 8:00-9:00am Senior Build (Justice) 9:15-10:15am Build (Justice)	7	8 8:00-9:00am Senior Build (Justice) 9:15-10:15am Burn (Justice)	9 9:00-10:00am Body Weight Training Special Demo (Connor)	10	11
12	13 8:00-9:00am Senior Build (Justice) 9:15-10:15am Build (Justice)	14 6:00-7:00pm Fight&Flight WSD Demo (Justice)	15 8:00-9:00am Senior Build (Justice) 9:15-10:15am Burn (Justice)	16	17	18 11:00-12:00am Abdominal Special Demo (Justice)
19	20 8:00-9:00am Senior Build (Justice) 9:15-10:15am Build (Justice)	21	22 8:00-9:00am Senior Build (Justice) 9:15-10:15am Burn (Justice)	23	24	25 X-mas Day
26	27 8:00-9:00am Senior Build (Justice) 9:15-10:15am Build (Justice)	28	29 8:00-9:00am Senior Build (Justice) 9:15-10:15am Burn (Justice)	30	31	1 New Years Day